

CITY OF SANTA FE SENIOR SERVICES

SENIOR SCENE

March 2025



CITY OF SANTA FE
SENIOR SERVICES

FEBRUARY HIGHLIGHTS



Valentine Smile



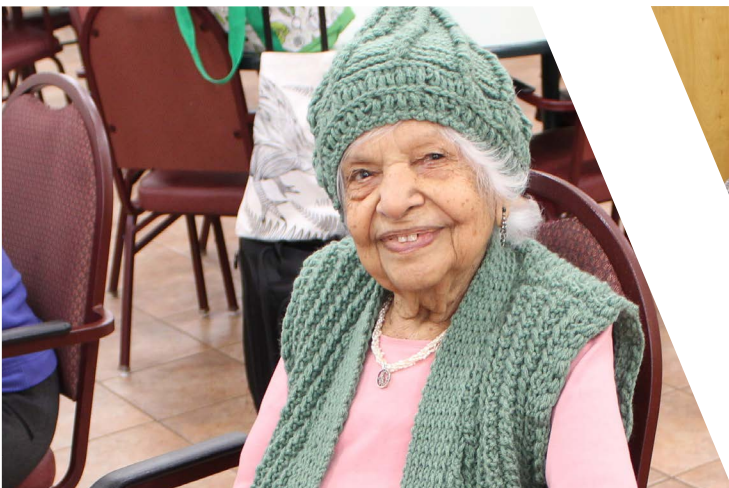
Valentine Dance Fun!



What a Sweetie



Improv Class



Chandra Wearing Green



Playing Cards Crew!

SENIOR SCENE

March 2025

TABLE OF CONTENTS

- 1. Activity Calendars**
- 3. Contact Information**
- 4. Director's Note**
- 5. News & Views**
- 8. Volunteer Programs**
- 9. Legal & Consumer**
- 11. Health & Safety**
- 12. Nutrition & Recipes**
- 13. Crossword Puzzle**
- 14. Word Search**
- 15. Crossword Puzzle Solutions**
- 16. Word Search Solutions**
- 17. Senior Center Lunch Menu**



ACTIVITY CALENDAR

ONGOING ACTIVITIES AT SENIOR CENTERS

All activities are open to seniors 60 years or older. **Schedule is subject to change.** Please sign in on our activity sheets every time you participate in an activity. Masks are optional.

Luisa Senior Center - 1500 Luisa Street (Entrance on Columbia Street)

Mon-Fri: 10:30AM-12:30PM

Fitness Room & Computer Lab: OPEN

Pasatiempo Senior Center - 664 Alta Vista St.

Mon-Fri: Fitness Room Open

8:00AM-1:00PM

Tues: Line Dancing

Beginner 10AM, Intermediate 11:30AM

Wed: Live music by Grupo Cielo Azul

11:45AM-2:00PM

Thurs: Japanese Dance w/ Chizuko

10AM-11:00PM

Mary Esther Gonzales (MEG) Senior Center - 1121 Alto Street

**(Pool/Cards/Billiards Room, Fitness Room and
Computer Lab CLOSED FOR CONSTRUCTION)**

Mon-Thurs: Games/Cards-Conference Room
8:00AM-10:00PM

Mon, Mar 3rd, Mar 17th: @ MEG-Cribbage with
Keena-All skill levels welcome! 1:00PM-3:00PM

Mon: Improv with Leslie Zane

1:00PM-2:00PM

Mon & Tues: Tai Chi/Short Form

8:30AM-9:30AM

Mon, Wed, Fri: Enhance Fitness

9:30AM-10:30AM

Mon, Tues, Wed: Enhance Fitness

3:30PM-4:30PM (No class on Tues. March 4th)

Tues: Guitar Class

10:00AM-12:00PM

Wed: Bingo

1:30PM-3:00PM

Weds: Quilting

Class will resume after construction.

Thurs: Wood Carving

9:30AM-11:00AM

Thurs: Historical Lecture Series with Kathryn
Ann Flynn. If you want to learn about
Roosevelt's New Deal/WPA-Works Progress
Admin. or the CCC-Civilian Conservation
Corps: 1:00PM

Thurs: Meditation for Seniors brought to you
by Upaya: 1:00PM-2:00PM

Thurs: Qi Gong (sitting optional)

3:30PM-4:30PM

Fri: Knitting Class

1:00PM-3:00PM

Book Club

"MEG Page Turners" Friday, March 14th at
1:00PM. **Rebecca** by Daphne du Maurier is the
novel to be discussed.

Titles for April & May: The Red Tent by Anita
Diamant (April); Year of Wonders by Geraldine
Brooks (May).

NO HAIRCUTS FOR THE MONTH OF MARCH!

**Technology, smart phone, tablet assistance
with Jesse Kain by appt. only call
505-699-3597**

**Contact for all three centers: Kim Rivera
505-955-4715, karivera@santafenm.gov**

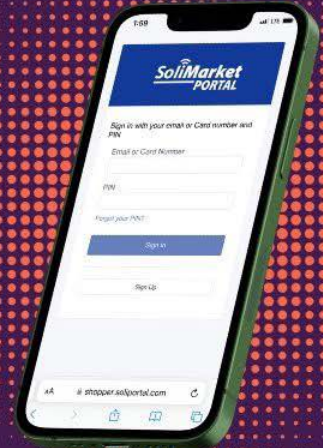
Senior Farmers' Market Nutrition Program Enrollment Starts February 15



The program provides low-income seniors and elders with access to locally grown fruits, vegetables, herbs, and honey.



Those eligible will receive benefits in the form of an electronic shopper card or via a mobile app that can be used to purchase local produce at participating farmers' markets and roadside stands.



Learn more and apply online at [NMWIC.org](https://www.nmwic.org)



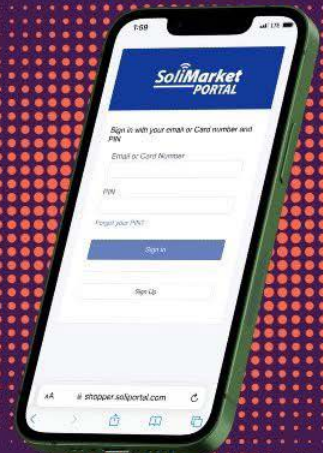
El Programa de Nutrición de Mercados de Agricultores para Personas Mayores comienza el 15 de febrero



El programa ofrece a las personas mayores y ancianos de bajos ingresos acceso a frutas, vegetales, especias y miel cultivados localmente.



Las personas elegibles recibirán beneficios en forma de una tarjeta electrónica de compras o a través de una aplicación móvil que se puede utilizar para comprar productos locales en los mercados de agricultores y puestos de venta ambulantes participantes.



Obtenga más información y presente su solicitud en línea en [NMWIC.org](https://www.nmwic.org)



CONTACT INFORMATION

505-955-4721

50+ Senior Olympics Program
Administrative/Information
Activities Programs
Benefits Counseling
Health Promotion
Home-delivered Meals
Nutrition/Congregate Dining
Outreach
Senior Services Registration
Recreation/Fitness
Respite Care Program and
Home Management

505-955-4760

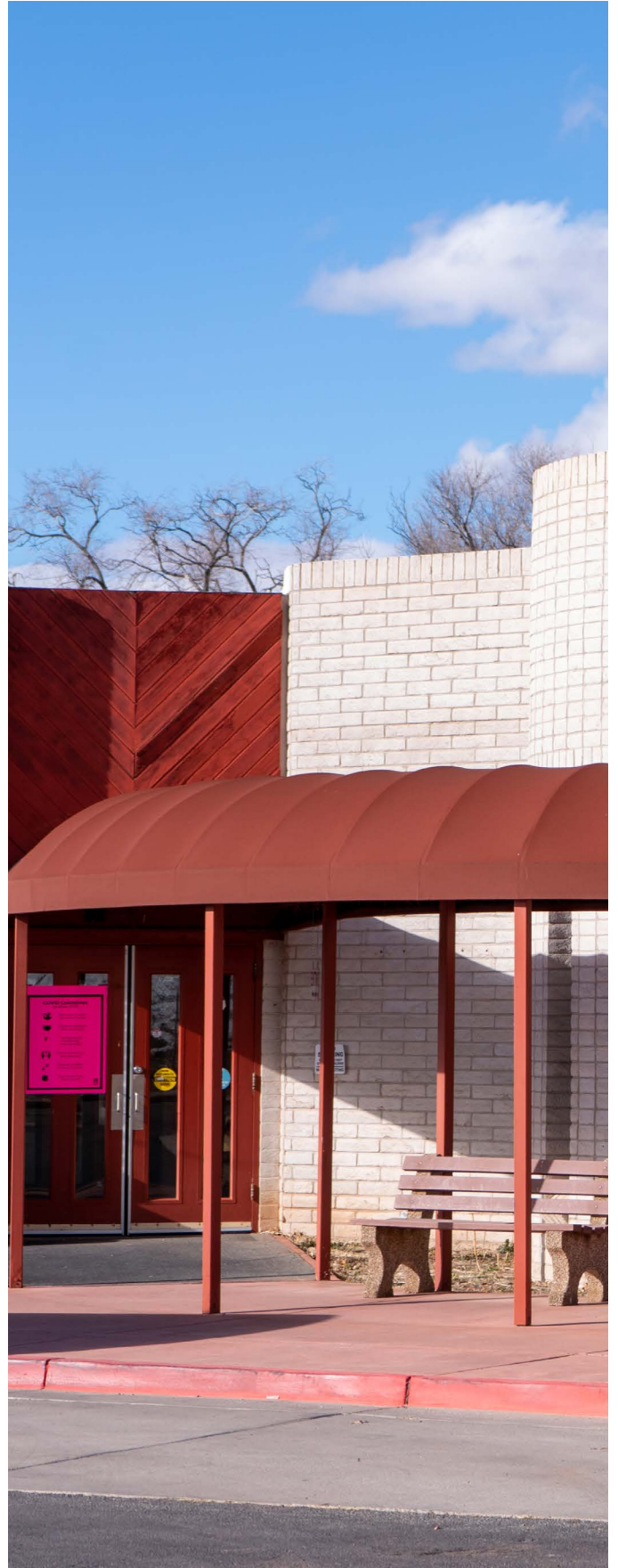
Public Relations
Retired Senior Volunteer Program

505-955-4745

Foster Grandparent Program
Senior Companion Program
Grandparents Raising Grandchildren

505-955-4700

Transportation



DIRECTOR'S NOTE



Dear Senior Services Community,

I want to take some time this month and talk about financial scams that are everywhere, and to remind you that no one is immune to them. There are many different types of scams targeting older adults such as:

The Grandparent Scam: Where scammers pretend to be a grandchild or relative in need of money, or they pretend to be an officer of the law, lawyer, or doctor telling you a relative is in trouble and asking for money to help them.

Financial Services Scam: Scammers claim to be from a bank, mortgage company, utility company and try to get personal information from you.

Email/Text message, Internet Scams: Scammers will target your computer or smart phone by sending emails, texts or pop-up messages.

Government impersonation Scams: Scammers will pretend to be from the Internal Revenue Service, Social Security or Medicare. They will make demands and threaten your services.

Romance Scams: These scammers use online dating sites by creating fake social media profiles and use them to gain trust and steal money. They can sometimes be or pretend to be in another country. They ask their victims to pay for visas, medical emergencies, and travel expenses.

All these scams are targeted at catching us off guard and are meant to play on our emotions. If you feel you have been targeted by any of these potential scams, contact the Police and Adult Protective Services to notify them of the suspicious activity.

I am pleased to let you know that we are continuing to improve the MEG Center. MEG will be getting a much needed roof replacement. Beginning on Monday, March 10, 2025 there will be a contractor and equipment on site. The project is planned to take 8-10 weeks to complete. We will be sure to inform you of any updates on the project and any service interruptions. Areas of the parking lot will be closed due to the project, please do not park in those closed areas as they will be closed to keep you safe. Thank you in advance for your understanding. The contractor is working on final details. We will let everyone know when we have our Grand Opening.

Don't forget to set your clock an hour ahead on Sunday March 9th, 2025.

Happy St. Patrick's Day,

Manuel Sanchez

Senior Services Director

NEWS & VIEWS

MEG TRANSPORTATION PROGRAM

Transportation services are fully operational from 8:30PM-4:15PM. Reservations must be called in, please do not email requests. Please note: The THIRD THURSDAY of the month we will close at 2:30PM for mandatory staff meetings/trainings. Thank you.

Customers need to schedule their reservation at least 5 days in advance.

Thank you for your patience. If you have any questions, please feel free to contact Linda Salazar at 955-4700.

MARCH GROCERY DISTRIBUTION



Drive-through grocery distributions for Santa Feans in need are offered at The Food Depot 1222 Siler Road. Thurs, March 6th and 20th 7:00AM-9:00AM

ECHO Commodity Distribution

March 11th: 9:30AM-12:00PM
Contact: 505-242-6777

St. John's Methodist Bag 'n Pantry

Tues: 11:00am-12:30pm, 5:00PM-6:30PM
1200 Old Pecos Trail Santa Fe, NM
Contact: 505-982-5397



Open to all low-income seniors 50+. Fourth Saturday of the month. Zia United Methodist Church 3368 Governor Miles Rd. Santa Fe, NM 87507. 3-4pm.

ICAN CLASS NUTRITION CLASSES

ICAN (Ideas for Cooking and Nutrition) is a program of the NM State University Cooperative Extension Service and is available free of charge to individuals with limited resources. These classes can help you:

- Choose low-cost nutritious foods
- Prepare quick and nutritious meals
- Eat more vegetables, fruits and whole grains
- Maintain a healthy weight

MEG: Tues, March 18th at 11:30AM

Pasatiempo: Thurs, March 13th at 11:30AM

Luisa: Thurs, March 20th at 11:30AM

For more information, please contact Renee at the SF County Extension 505-471-4711

B-DAY CELEBRATIONS FOR MARCH

Everyone is welcome to enjoy a slice of birthday cake for all March Birthdays during the lunch hour at the following Senior Centers:

MEG: Thurs, March 6th: 11AM

Pasatiempo: Thurs, March 13th: 11AM

Luisa: Friday, March 21st: 11AM

MOVIE DAY AT MEG CENTER



Miracles From Heaven

March 11th, 1:00PM

Anna Beam (Kylie Rogers) lives with a rare, incurable disorder that leaves her unable to digest food. Despite the dire diagnosis, devoted mom Christy (Jennifer Garner)

relentlessly searches for a way to save her beloved daughter.

NEWS & VIEWS



Secondhand Lions

March 25th, 1:00PM

A shy adolescent boy, Walter (Haley Joel Osment), is taken by his greedy mother (Kyra Sedgwick) to spend the summer with his two hard-boiled great-uncles, Hub

(Robert Duvall) and Garth (Michael Cain), who are rumored to possess a great fortune.

HIKES FOR ACTIVE SENIORS

Moderate Hike: March 17, 2025

Lower Tesuque Creek Trail

This hike starts across Hyde Park Road from the Big Tesuque Creek Campground (9,700 feet). The good news is that it goes downhill from there, but the not so good news is that the return hike is uphill, but not steep. The total distance is about 2.6 miles on a well-defined trail through a beautiful forest. There WILL be snow on the trail.

General items

- Arrive: MEG between 8:15AM and 8:30AM.
- Departure: 8:45AM sharp.
- Return: approximately 1:00PM.

What to Bring

BRING WATER and snack food, sturdy shoes or boots, a hat, a jacket and sunscreen.

Also, hiking poles if you have them. Spikes are required. You will be discouraged from participating in the hike if you do not have proper spikes or yak tracks for your boots. Happy Trails!

Reminder

Next month's hike will be on April 21st (third Monday-location TBA).

AARP "SMART DRIVER" COURSE

Once again, the MEG Senior Center will serve as host for the AARP Smart Drivers Class. By completing the class, you will learn about safe driving practices for drivers fifty years and older, changes in vehicle technology, road, and street safety, and may be eligible for an auto insurance discount on your policy.

To participate, you must be fifty years or older and have a valid driver's license. Class fee is \$20 for current AARP members and \$25 for non-members. Classes will be held on the first Tuesday of each month from 1:00-5:00p.m.

The next class is scheduled for

Tue, March 4, 2025. For further information to attend any class, contact:

Dominic Mandel at 505-490-2489

Edna Sandoval at 505-690-4350

visit aarp.org



TEX HELP NEW MEXICO - SANTA FE

Get help from IRS-qualified tax preparers.

Tax Help New Mexico is a free tax-filing service for NM residents whose income is \$65,000 or less, or those who are 65 years or older.

Location: Santa Fe Main Library
145 Washington Ave, Santa Fe

Dates: February 3 - April 9, 2025

Days: Open Monday - Wednesday

Appointments are required. Please call 505-819-3702 and speak to our staff or leave a message and we will call back.

AARP Foundation[®] **Tax-Aide**

The AARP Foundation is providing free tax assistance and preparation through its Tax-Aide program. The services are provided by volunteers from the community.

Location: Santa Fe Community College
6401 Richards Ave., Main Building,
Rooms 408 and 410, next to the Cafeteria

Start Date: Thurs, February 3, 2025

End Date: Tues, April 15, 2025

Cost: Free

Days of operation: Monday through Saturday

Hours of operation:

Mon - Fri: 8:30am – 3:00pm

Sat: 8:15am – 11:30am

Phone: (505) 428-1780

For information Voice Mails only, volunteers will return calls when possible.

Holiday or other closures: SFCC observed holiday closures, SFCC Spring Break (Mar. 24 through Mar. 29), and SFCC weather delays or closures (appointments affected by weather delays or closures will be re-scheduled).

APPOINTMENTS ARE REQUIRED

To make an appointment online:

sfcc.edu/taxaide

To make an Appointment by Phone:

505-428-1780

(Note: this phone is staffed by volunteers during days of operation – Voice Mails will be answered when volunteers are available.)

IN REMEMBRANCE - CATALINA M. ORTIZ



Katie, you will be missed.

Catalina M. Ortiz (lovingly known as Katie), was born on July 24, 1929, and passed away peacefully in her own home at the age of 95 on November 25,

2024. She was a devoted mother, grandmother, sister, aunt, cousin and friend.

After her retirement from the State of New Mexico she loved working at the Mary Esther Gonzales Senior Center for over 20 years where she had many great friends. Before that, she participated in the volunteer Foster Grandparent Program at Alvord Elementary. She was a dedicated participant of the volunteer Senior Companion Program for many years as well. She enjoyed going to the casinos and taking trips with the Senior Center and with her family.

Katie will be greatly missed by her family, friends and everyone that knew and loved her.

FLORA'S CORNER



"I would love to live like a river flows, carried by the surprise of its own unfolding."

-John O Donohue,
Irish Poet and Philosopher

March Poem by Patti Merrill

St. Patrick's Day is coming soon with a chance for fun and laughter. Irish good luck to all who wear green and blessings abundant thereafter. Corned beef and cabbage with a big slice of swiss. Give someone a hug or blow them a kiss. Make some good memories of happiness and joy to carry through the days that come after.
Happy St. Paddy's Day!

VOLUNTEER PROGRAMS



AmeriCorps Seniors
Give a little time.
Get a lot back.

Join the RSVP Volunteer Program. If you are 55+, we will connect you with a volunteer opportunity to fit your lifestyle from more than 40 community-improving organizations. We support our volunteer corps with mileage reimbursement, supplemental insurance, educational events and volunteer recognition.

www.rsvpsantafe.org

If you are interested in volunteering, please contact **Mona Baca at 505-955-4760 or mabaca@santafenm.gov**

INTERESTED IN STARTING A CHESS CLUB?



If you are interested in starting a Chess Club please contact
Mona Baca
505-955-4760
mabaca@santafenm.gov

LOCAL SOUP KITCHENS

St. John's Soup Kitchen

Volunteer at St. John's Soup Kitchen. Volunteer duties include: assisting with set-up and clean-up, packaging food items and preparing food boxes/lunch bags for distribution. Serving Mondays, Tuesdays and Thursdays 11:15PM-12:15PM. If you are interested please contact **Mona Baca at 505-955-4760 or mabaca@santafenm.gov**

Guadalupe Soup Kitchen

Volunteer at Our Lady of Guadalupe Soup Kitchen. Volunteers needed for packaging food, distribution and clean-up. Serving Mondays, Wednesdays and Fridays 10:30PM-12:30PM. If you are interested please contact **Mona Baca at 505-955-4760 or mabaca@santafenm.gov**

HAPPY BIRTHDAY, MARCH VOLUNTEERS!

Harriet Levine 3/1
Michele Chrabot 3/2
Judith Van Luchene 3/4
Richard Wagner 3/5
Jenny Mier 3/8
Molly Clark 3/10
Karen Glazier 3/11
Robert Lineback 3/12
Suzanne Shaw 3/12
JoAnn Sena 3/13
Carol Van Valkenburgh 3/14
Ron Zacharski 3/16
Joyce Begnoche 3/19
Daniel DeRogatis 3/19
Meri Frauwirth 3/20
Warren Kennedy 3/21
Anke Mihalas 3/22
Joseph Montoya 3/23
Linda Williams 3/28

PROTECT YOURSELF FROM MEDICARE CARD SCAMS

Do not give out your Medicare number to telephone scammers claiming to be from Medicare. "It's a ruse to get your number and to bill items to Medicare or to sell your Medicare number," says Kelley Dickerson, Senior Medicare Patrol (SMP) and State Health Insurance Assistance Program (SHIP) Supervisor for the New Mexico Aging and Disability Resource Center.

Dickerson said Medicare card scams ramped up in December in New Mexico and were continuing into January and February. If a caller says they are with Medicare and if they ask you if you received a new Medicare card, that is a scam, says Dickerson. Medicare does not call beneficiaries. And they are not sending out new cards to everyone.

Medicare scams for 2025

According to Life Lock, an identity theft protection company, below are the top Medicare scams for 2025:

- You're told to get a new Medicare card.
- You're told your Medicare benefits are canceled.
- You're offered better or cheaper Medicare coverage.
- You're offered a rebate or refund for medical expenses.
- You're offered free or discounted medical tests and equipment.

Big Financial Losses

Medicare loses an estimated \$60 billion each year due to fraud, errors, and abuse. Some estimates are losses as high as \$100

billion a year. The Medicare program costs just under \$900 billion a year. This affects people throughout the U.S., often costing them money, time, and their health and security.

What Should You Do

If you are suspicious or think someone is trying to defraud you, call 1-800 Medicare or call the New Mexico Senior Medicare Patrol at 1-800-432-2080. SMP's empower and assist Medicare beneficiaries, their families, and caregivers to prevent, detect, and report health care fraud, errors, and abuse through outreach, counseling, and education.

SMP's are funded by grants from the federal U.S. Department of Health and Human Services (HHS), SMP supervisor Dickerson said if you get a phone number from a potential scammer, call the SMP and staff can report it to the federal Office of the Inspector General and to the Medicare regional office.

More information on Senior Medicare Patrol can be found on aging.nm.gov/fraud.

Genetic Test Scams

Dickerson says genetic testing scams can cost \$10,000 to \$12,000 apiece. Genetic testing fraud occurs when Medicare is billed for a test or screening that was not medically necessary and/or was not ordered by a beneficiary's treating physician.

Callers may know about your medical condition and call you saying you are eligible for free cancer screening, a DNA test, dementia or Parkinson's screening without a doctor's order. These phone call scammers will ask for your Medicare number. Do not give it out!

What's New in Medicare

“NEW” MEDICARE CARD SCHEMES



Do you know what isn't new this year? **Your Medicare card.**

People with Medicare **ARE NOT** receiving new cards this year, But scammers may attempt to convince you otherwise.



PROTECT

Medicare and/or health ID # and only share it with your health care provider or trusted person. **Protect your Medicare card like you would a credit card.** Scammers have ways of stealing your personal information.



DETECT

medical identity theft by reading your Medicare statements often. If you see services or prescriptions that you didn't know about or receive, your Medicare and/or health ID number could be considered "compromised."



REPORT

potential medical ID theft to your local SMP as it can affect your medical and health insurance records, ability to receive future services or equipment, and lead to incorrect costs for both you and the Medicare program.



RED FLAGS TO LOOK FOR:



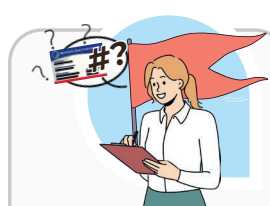
Unsolicited calls from anyone claiming to be from Medicare



Anyone needing your personal information so that they can send you an updated Medicare card



Anyone saying your card is expiring, and they need to send you a new one or you will be charged a fine



Anyone stating Medicare is issuing new cards and you need to verify your number



SMP
Senior Medicare Patrol

Contact your local Senior Medicare Patrol (SMP) if you believe you have experienced potential Medicare fraud, errors, or abuse.

smpresource.org | 877.808.2468



SHIP
State Health Insurance Assistance Program

Contact your SHIP if you have questions about 2025 coverage, enrollment periods, or cost assistance programs.

shiphelp.org | 877.839.2675

This graphic is supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$2,534,081 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement, by ACL/HHS, or the U.S. Government.

SENIOR HEALTH AND WELLNESS: 15 TIPS YOU NEED TO KNOW FOR SPRING

1. Get Moving with Outdoor Activities-Take a daily walk around your neighborhood.
2. Stay Hydrated-Drink plenty of water throughout the day, herbal tea counts.
3. Keep Your Skin Protected-Wear sunscreen SPF30 and protective clothing.
4. Spring Clean Your Living Space-Get rid of clutter and dust.
5. Stay Connected with Loved Ones-Connect with a phone call, video chat or in-person.
6. Incorporate Healthy Eating Habits-Eat more fresh vegetables and fruit.
7. Prioritize Sleep-Establish a regular sleep routine.
8. Stay Up-to-Date on Health Screenings and Vaccinations-Schedule your annual physical.
9. Stay Active Mentally-Read a new book or take a class to learn a new skill.
10. Practice Mindfulness and Relaxation- Mediation, yoga or simply spending time in nature.
11. Take Advantage of Senior Discounts and Activities-Look for special discounts during the season.
12. Plan Safe and Enjoyable Travel-Consider traveling with a companion.
13. Check Your Medications-Ensure they are still effective and necessary.
14. Embrace Nature-Take a nature walk, go birdwatching or simply sit outside.
15. Volunteer or Give Back-Consider volunteering at a local charity or community event.



NUTRITION & RECIPES

EASY CORNED BEEF AND CABBAGE

This corned beef recipe with cabbage is quick and easy. A no-fuss meal that's great for St. Patrick's Day or a weeknight family dinner.

Prep Time: 15 mins

Cook Time: 8 hrs

Total Time: 8 hrs 15 mins

Servings: 6

Ingredients

- 4 medium potatoes, peeled and quartered
- 1 pound carrots, cut into large chunks
- 1 onion, cut into wedges
- 3 cups water
- 2 tablespoons sugar
- 2 tablespoons cider vinegar
- 3 cloves garlic, minced
- ½ teaspoon ground black pepper
- 1 bay leaf
- 1 (3 pound) corned beef brisket with spice packet, cut in half
- 1 small head cabbage, cut into wedges

Ingredients

- Gather all ingredients.
- Place potatoes, carrots, and onion into a 5-quart slow cooker. Combine water, sugar, vinegar, garlic, black pepper, bay leaf, and contents of spice packet in a small bowl; pour over vegetables. Top with beef brisket and cabbage.
- Cover and cook on Low until beef and vegetables are tender, 8 to 9 hours. Remove bay leaf before serving.



CROSS WORD PUZZLE

Crossword: March 1st

Across	
1 Grand ___ ("Evangeline" setting)	24 Fashion designer Cardin
4 Mountain pass	26 Back problem
7 Watch feature, perhaps	29 Elaborate party
11 Merry-go-round music	31 Carbohydrate ending
13 ___ Island National Monument	32 Heroic tales
15 Surefooted goat	34 Smash to smithereens
16 Not to mention	37 Hardly geniuses
17 Bridge support?	39 Stocking stuff
18 Remote control button	41 Mediterranean resort
19 Middle Paleolithic hominid	42 Sandwiches for dessert
22 Casting requirement?	44 Grave marker
23 Indiana city	46 Neighbor of Ida.
	47 Betrothals, old style
	49 Some have weapons or cameras
	51 Duane Eddy's instrument
	53 Gold miner's hope
	54 Pertinent
	55 Refurbishment
	61 Daughter of Geb
	63 Calendar page
	64 "Rise, Glory, Rise" composer
	65 "Scream" star Campbell
	66 Day by day
	67 Flower holders
	68 Hasenpfeffer, e.g.
	69 Bygone bird
	70 "Just kidding!"

Down
1 Think ahead
2 Rub the wrong way
3 Lohengrin's love
4 When doubled, it comes before hallelujah
5 "Thanks ___!"
6 Helmet type
7 Before sum or wit
8 It's not normal
9 Andrea Bocelli, for one
10 Radiate out
12 Neighbor of Fiji
13 Nonstop
14 ___-shifter (Sci-fi)
20 Oration station
21 Shopper's aid
25 Prince's school
26 Comme ci, comme ca
27 Abdicator of 1917
28 Over and over again
29 Diets
30 ___ of Wight
33 Lillian of film
35 Fair-sized garden
36 Dregs
38 Separate
40 Long in the tooth
43 Skyrocket
45 Soprano's song, maybe
48 Tire pattern
50 Pup draught, usually
51 Increases
52 Election news
53 "And there you are!"
56 Junk E-mail
57 Wynken, Blynken and Nod, e.g.
58 Chipping choice
59 Not taken in by
60 Egg beginning?
62 Put in stitches

1	2	3			4	5	6			7	8	9	10
11			12		13			14		15			
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65					66					67			
68						69					70		

NEW MEXICO

Word Search



ALBUQUERQUE
APACHE
ATOMIC BOMB
CARLSBAD
CAVERNS
CHILI PEPPERS

FLAMENCO
FOUR CORNERS
GHOST TOWNS
LAS CRUCES
LOS ALAMOS
NAVAJO

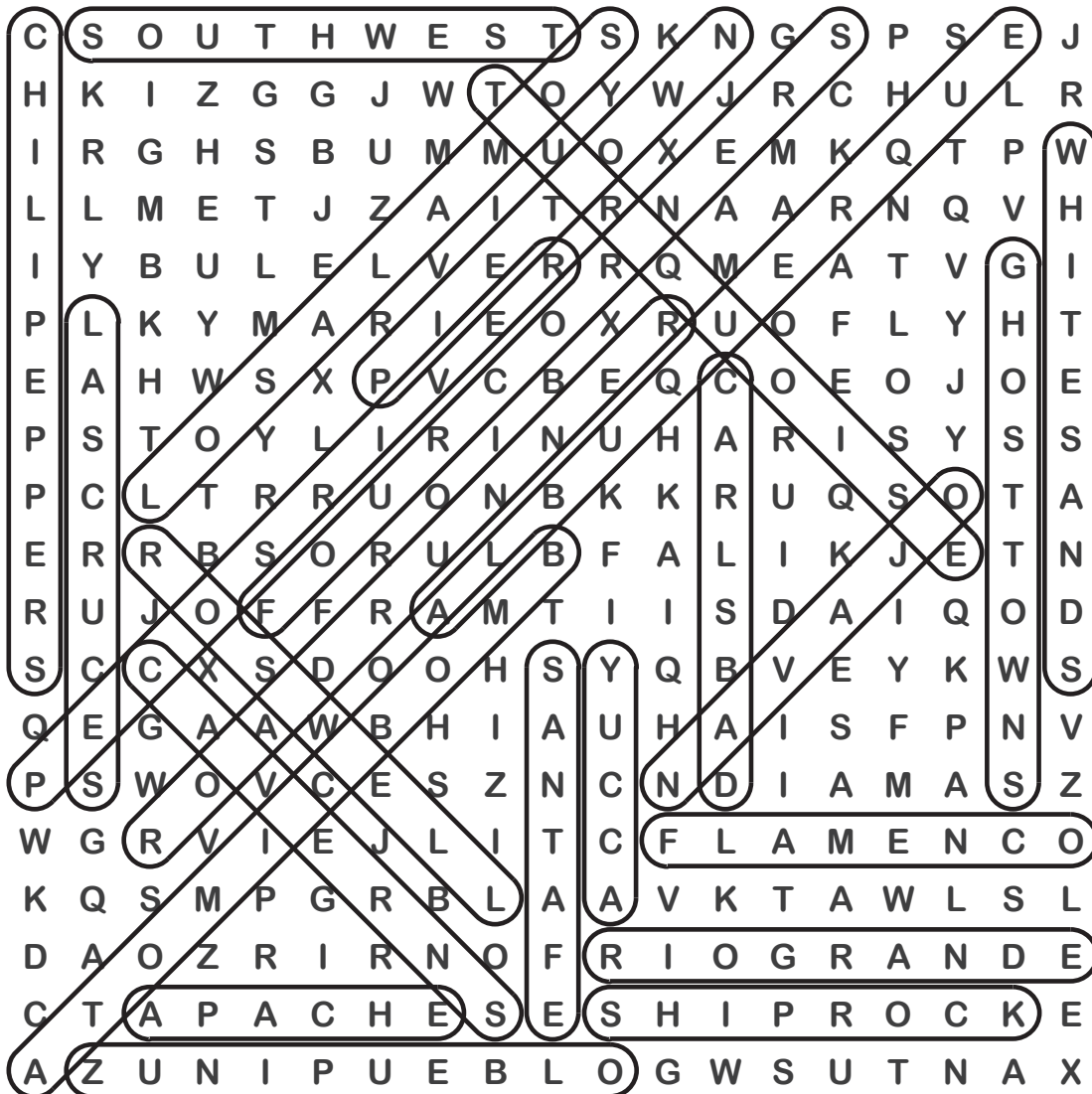
PECOS RIVER
PIE TOWN
RIO GRANDE
ROADRUNNER
ROSWELL
SANTA FE

SHIPROCK
SOUTHWEST
TURQUOISE
WHITE SANDS
YUCCA
ZUNI PUEBLO

CROSS WORD PUZZLE & WORD SEARCH SOLUTIONS

March 1st																
P	R	E				G	A	P			D	A	T	E		
L	I	L	T			E	L	L	I	S		I	B	E	X	
A	L	S	O			T	O	O	T	H		M	E	N	U	
N	E	A	N	D	E	R	T	H	A	L			R	O	D	
				G	A	R	Y				P	I	E	R	R	E
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O	S	E		S	A	G	A	S			T	O	T	A	L	
S	A	P	S			L	I	S	L	E			N	I	C	E
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			T	R	O	T	H	S			D	R	O	N	E	S
G	U	I	T	A	R				V	E	I	N				
A	P	T			R	E	S	T	O	R	A	T	I	O	N	
I	S	I	S			A	P	R	I	L			A	R	N	E
N	E	V	E			D	A	I	L	Y			P	O	T	S
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Solution to New Mexico Word Search



SENIOR CENTER LUNCH MENU

SENIOR CENTER LUNCH MENU MARCH 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Teriyaki Chicken Brown Rice Asian Veggies Fortune Cookie Mandarin Oranges	4 Pork Chop Pork Gravy Wild Rice Vegetable Medley Tossed Salad Roll Peaches	5 ASH WEDNESDAY Green Chili Salmon Enchiladas Pinto Beans Chuckwagon Veggies Cinnamon Spiced Apples	6 Chicken Fried Steak Chicken Gravy Mashed Potatoes French Style Green Beans Roll Diced Pears	7 Tuna Noodle Casserole Steamed Broccoli Spinach Salad Crackers Fruit Salad
10 Lasagna Italian Veggies Tossed Salad Garlic Bread Fresh Orange	11 Ham & Cheese Sandwich Garnish Pasta Salad Celery & Carrot Sticks Brownie	12 Meatloaf Roasted Red Potatoes Brussel Sprouts Roll Yogurt	13 Chicken Alfredo over Fettuccini Broccoli & Cauliflower Tossed Salad Garlic Bread Chocolate Pudding	14 Baked Tilapia Rice Pilaf Green Beans & Corn Roll Strawberry Shortcake
17 ST. PATRICK'S DAY Corned Beef Steamed Cabbage Parsley Potatoes Buttered Carrots Lime Jello	18 Chicken Fajita with Peppers & Onions Fajita Veggies Spanish Rice Fresh Strawberries	19 BBQ Pork Patty Baked Beans Steamed Spinach Cornbread Fresh Grapes	20 Beef Tips over Egg Noodles Vegetable Medley Garden Salad Roll Pineapple	21 Soft Fish Taco Coleslaw Black Beans Peppers & Corn Veggies Diced Mango
24 Green Chili Pork Posole Calabacitas Spinach Salad Tortilla Fresh Apple	25 Cheese Tortellini with Meaty Marinara Sauce Italian Veggies Tossed Salad Garlic Stick Ice Cream	26 Chicken Salad Sandwich Cold Peas Croissant Sun Chips Chocolate Chip Cookie	27 Pork Roast Pork Gravy ½ Baked Potato Green Beans Tossed Salad Roll Applesauce	28 Breaded Fish Sandwich Tartar Sauce Hushpuppies Mixed Veggies Banana
31 Breaded Fish Sandwich Tartar Sauce Hushpuppies Mixed Veggies Banana				

Senior Meal Suggested Donation: Lunch \$1.50
10:30 am – 12:30 pm Monday through Friday

Milk is served with each meal. Menu is subject to change.



CITY OF SANTA FE SENIOR SERVICES



MARY ESTHER GONZALES (MEG)

1121 Alto St.
Santa Fe, NM 87501



PASATIEMPO

664 Alta Vista St.
Santa Fe, NM 87505



LUISA CENTER

1500 Luisa St. (enter on Columbia St.)
Santa Fe, NM 87505



VILLA CONSUELO

1200 Camino Consuelo
Santa Fe, NM 87507



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